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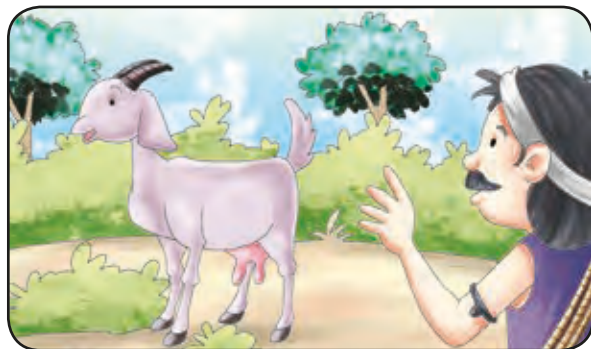


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MIRROR REFLECTS



We have all been looking into the mirror since our childhood. While going out to our office, a celebration or a marriage party we very carefully look into the mirror lest some inadequacy should remain on the face or dress.

A mirror shows us the flaw as well as the beauty but does not enhance or reduce anything. It shows us our real self.

We happen to meet many people in our life time. They show us our inclinations. Mostly we see in others our own reflection. If we have any imperfection, we immediately find something wrong in the other person and try to blow it out of proportion. The quantum of that inadequacy may in fact be more in us. If we have a virtue and somebody else also has that quality, may be much more as compared to us we find no reason to

criticize. But higher level of goodness in the other person creates anxiety and discomfort in our mind. It hurts our ego and we refrain our selves from speaking good about others but a little bit of infirmity or disorder in the other person and we think of him as a demon.

A psychologist was doing a research on love and hate. He went to a class that had only twenty students. He gave a pen and a paper to each of them and said, "Please write the first letter of the name of the student whom you don't like." All the students wrote something or the other. One of them wrote fifteen names. Fifteen students had also written his name in their list. One student didn't write any name. Nobody in turn had written his name in the list.

Friends! What we need to think and ponder over is that we see our image in others and they also in turn discover themselves in us. Therefore whoever we meet should we consider as a mirror for us. whatever we observe in them should be an awakening for us to know ourselves through others. As we see our physical self in the mirror we can see our inner self and disposition through others and improve ourselves to raise our level. Truly said, 'Mirror never lies and shows us what we are.'

Let us watch ourselves and continue to improve.

— *Vimlesh Ahuja*

SAMPURAN AVTAR BANI



Ik Tu Hi Nirankar - 137

KARAMAN DI IH NEETI KI EY SADE SIR TE BHAR HAI KIHDA?
SWARG NARK DE JHANJAT KI NE ROOH KIHDI NIRANKAR HAI KIHDA?
KAM HAI KIHDA KARODH HAI KIHDA LOBH MOH HANKAR HAI KIHDA?
TIAG HAI KIHDA JOG HAI KIHDA GURMAT DA PARCHAR HAI KIHDA?
AQLAN KOLON IK GAL PUCHHO KHUD NOON KEHN SHUDAI KION?
PAP PUNN DE CHAKRAN ANDAR AQAL PHIRE CHAKRAI KION?
BANDA LAIN KI AYA ETHE AKE IHNE GANVAYA KI?
SAMAJHAN NOON KUJH SAMAJH NAHIN AONI KIHDA BRAHM TE MAYA KI?
SHABAD GURU TE SURAT HAI CHELA BHED IH KOI PACHHANE NA;
KAHE AVTAR BINAN GUR POORE IH RAMZAN KOI JANE NA.

Thou Formless One 137

What is this law of Karma? Which is the burden we carry on our heads?

What is the puzzle about the heaven and the hell? What is the soul and the Formless One - Nirankar?

What is lust? What is anger? What is greed, attachment and pride?

What is renunciation? What is Yoga? What is preached as the wisdom of the True Master?

Ask the intellect one thing, why it says it is baffled?

Why is the intellect perplexed about the wrangles of virtue and vice?

What for did the man come into this world, and what did he lose here?

The intellects cannot comprehend who is the Creator and what is His Creation.

None can comprehend that the word is the True Master and consciousness is the disciple;

Avtar says, none can know these secrets without the perfect True Master.



— Chandrabhan

Prudence

A donkey was grazing in a jungle. When he lifted his head he saw a tiger about to attack him. Distance between the two was very small and he understood that it was not possible to escape the tiger because he could pounce at him any moment. An idea stuck the donkey immediately. He started limping. When the tiger saw him limping he said, "What is wrong?"

The donkey said, "Brother! A big thorn has pierced my foot and is hurting me badly. The Tiger said, " What needs to be done?"

The donkey said, " If you want to eat me you must remove the thorn first otherwise it will get stuck in your throat and you may lose your life."

The tiger agreed to what the donkey had said. He lifted the donkey's foot carefully and started looking for the thorn . The donkey made use of the opportunity and kicked him hard and ran away fast. The tiger's face was very badly hurt. Two of his front teeth broke and his gums started bleeding.

Finally he had to remain hungry.

Moral: One can defeat a mighty enemy by prudence and patience.

Thoughts

- ★ Dear God, Touch the heart of the people I love, make them happy, safe and bless them with good health especially the one who is reading this.
- ★ If we devote more and more time to uplift our soul, then we will be left with no time to criticize others.

Divine Words of Baba Hardev Singh Ji

- ☆ World peace is possible only by realizing God and welfare of mankind is possible only by following the foot-steps of saints and sages. The mankind can be saved through spiritual awakening only.
- ☆ Establish a world full of love by imbibing love in ourselves.
- ☆ Let us beautify each and every moment of our life.
- ☆ The true awakening is through self realization only.
- ☆ The love of Satguru and a devotee is reciprocal.
- ☆ As ornaments are needed to decorate our bodies, the ornaments of love, humility, generosity and respect are required to decorate our life.
- ☆ Love and humility is the hall mark of a devotee.
- ☆ Salvation of soul is possible through God realization.
- ☆ There will be no ill-will or hatred left in the minds of people if they learn the language of love.
- ☆ We are to boost love and not hatred.
- ☆ Service is such a sweet that can be enjoyed by the performer only.
- ☆ God can't be worshipped by hating the humans.
- ☆ A gold coin doesn't lose its value by falling into the mud, similarly the value of dust never rises by flying high in the sky, rather it falls into our eyes only.
- ☆ A saint concentrates on the human values.
- ☆ The youth will become energetic by uniting with God-Almighty.
- ☆ A devotee is like a blooming flower and devotion is its fragrance.
- ☆ Our life will become pious, only when our mind becomes so.
- ☆ Only they are pure and pious who are hued in God's colour.





— Sudeep

Bael Fruit

Commonly known as bael or bel , it is also called as Bengal Quince, golden apple, Japanese bitter Orange, stone Apple or wood Apple. In Hindi it is called bilva. Although a rare tree it is an underappreciated fruit for the health benefits it has. It is used as juice, jam and chutney.

A pale yellow pear to oval shaped fruit with very hard skin it is mostly grown in India and Bangladesh but now it is grown in other South East countries also. In India it is grown in Uttar Pradesh, Bihar, Chhattisgarh, Uttranchal, Jharkhand and Madhya Pradesh.

Loam soil and warm and humid climate are suitable for cultivation of this tree. Fruits come after 6 to 7 years of transplantation. In India flowering occurs in April and May and the fruit ripens in 10 to 11 months after flowers show up.

The fruit is rich in vitamin C, Beta carotene and Vitamin B complex. It is rich in minerals like potassium, calcium, magnesium, zinc, copper and iron. It is also rich in dietary fibres and fats.

Health Benefits :

Some of its important health benefits are:

1. It boosts immunity.
2. It can cure tuberculosis.
3. It cures diarrhoea and dysentery.
4. Helpful in piles, it can assist in managing infestation by worms
5. It can help in peptic ulcers and other stomach related diseases.
6. Beneficial in piles it can help in management of diabetes.

Side Effects:

As with every other thing excess consumption of fruit can cause :

- ❖ Constipation and upset stomach.

We are all Human Being

We are all human beings,
Let us all live in peace,
Life is but a gift of God,
Let us remember the Lord,
Love everyone,

Let us love everyone
Body, mind and the soul,
Are a part of the whole,
Omnipresent everywhere,
See the Lord, here and there,
Love everyone

Shed the barriers of caste,
Humanity is so vast,
Unity is the key word,
To a happy pleasant world,
Love everyone

Like the stars that always shine
Make our life so pure divine,
Lord Bless us all,
Rich and poor, big and small,
Love everyone ..





Name :

Look at the Picture and Complete the Story

Ankur and Anish

Story by : Sugandhi Nirankari D/o Sh. Ramparkash
Gurucharan Lal , Almora Chowk Bazar, has been
adjudged the best. Congratulations.



The Butterfly



Ankur and Anish were playing outside on Sunday. Both of them were good students who always obeyed their elders. One day when they were running after a butterfly, the elder brother Ankur trapped a blue butterfly inside the net. They both fed the butterfly with some honey and started playing with it. On that night the butterfly suddenly started glowing. Anish woke up and told Ankur to have a look at the butterfly. The environment suddenly changed into a garden. Both of them found themselves in a different world.

Ankur and Anish noticed that the butterfly was wearing a crown and speaking to them. It told them about its world, where things were quite different. The butterfly introduced her world, friends, food, environment, etc to them. Ankur and Anish enjoyed a lot over there. She also told them that they also enjoyed freedom like every one else. Suddenly the alarm clock rang and they woke up. Immediately they freed the butterfly and decided to never catch them again.



— Ilu Rani

Humbleness is Heaven

A saint was meditating in his ashram. A soldier asked a saint, "Do heaven and hell really exist?"

The saint thought over for some time and asked the warrior, "What's your profession?"

The soldier proudly replied, "I am a soldier."

On hearing him, the saint said surprisingly, 'You and a warrior', and laughed aloud.

At this the soldier flew into rage. Looking towards the saint, the soldier said, "Yes I am a soldier. But why did you laugh?"

The saint said, "I laughed because you and your face resemble

that of a beggar. What a foolish king who commissioned you in his army?

The soldier was mad with rage and put his hand on the sword's handle.

Looking at him, the saint again said, "Oh! You know how to brandish a sword?"





Hearing this, the soldier lost his temper. He drew the sword from its case.

The saint continued, "Your sword is blunt and cannot cut my head".

The soldier was full of anger, he pulled the sword from the case and held it in his hand. He prepared himself to behead the saint.

The saint smilingly said, "Look here, the door of hell has opened for you".

The warrior was surprised to see the self control of the saint. He put the sword in the case and bowed before the saint.

The saint said,

"Look here, now the door of heaven has opened for you."

Truley, anger is hell and humbleness is heaven. Those who win over anger and acquire humility enjoy the heaven. On the contrary, those who remain in anger, they have to live in hell forever. ■

Divine Words

- ❖ We have to become good human for ourselves only. We should live with peaceful coexistence and mutual harmony in any part of the world and be useful to others and thus remain united with God through God realization.
- ❖ Where faith, devotion and feeling of surrender is the adornment of a devotee, the important part of devotion is his consciousness also.

- **Satguru Mata Savinder Ji**

—Poem : Notan Lal



Nature

Like the moon's curvature,
Earth has a beautiful nature.
Nature is a gift from God,
So accept it as a reward.

Nature is like your life,
Do not cut it with a knife.
So protect your nature,
To ensure your future.

Nature is like money,
Do not eat it like honey.
If you wish a bright future,
You must protect your nature.

God is our life creator,
Nature is our life protector.
So have it like a benefactor,
Never become its destructor.



Do You Know?

Why Ocean Looks Blue ?

Sunlight consists of seven colours. Whenever sunlight falls on any object it absorbs six colours and the seventh colour that is not absorbed is reflected and that is the colour of the object. Ocean water absorbs six colours very well but does not absorb blue colour. Therefore it looks blue to us.

How Communication Happens Over Mobile Phone ?

The working of mobile phone is based on electromagnetic waves. Transmitter of mobile phone transforms sound energy to electromagnetic vibrations. These electromagnetic waves are absorbed and amplified by communication satellite revolving in its orbit through an earth station and sent to the mobile through another earth station. Mobile transforms the electromagnetic radiation to sound energy. This is how communication happens with a mobile phone.



Rainbow Revolution

Under the new agriculture policy, Rainbow Revolution is an integrated and comprehensive approach that encompasses the following –

- ▶ White revolution (Milk Production)
- ▶ Green Revolution (Crop Production)
- ▶ Yellow Revolution (Oil Seed Production)
- ▶ Blue Revolution (Fisheries) etc.





Laughing Time

Having one child makes you a parent but having two makes you a referee.

Boss : Do you believe in life after Death?

Employee : Certainly not. There's no proof of it.

Boss : Well, there is now. After you left early yesterday to your uncle's funeral, he came here looking for you.

Johnny : Mom, will you punish me for something that I didn't do?

Teacher : Not at all.

Johnny : That's good. Actually I didn't do my homework.

Wife to her husband in a party: For the fourth time you are going to bring Ice-cream. Don't you feel ashamed?

Husband, No, I keep telling that it is for my wife.

Class Room is like a train

1st two benches are reserved for VIPs .

Next two benches are general coach

Last two benches are in great demand.

Last bench is "SLEEPER COACH"



Judge : I find that Mr. Rohan is not a thief.

Rohan : Thank you Sir, does that mean that I can keep the ornaments?





Mother : Money doesn't grow on trees.

Son : Mom, money is made from paper and paper comes from trees, so money grows on trees only

Mother : Son, How was the play at the theatre? Did it have a happy ending?

Son : Yes Mom! In a way everybody was happy when it finally ended.

John : Oh God, give me a room full of gold.

Paul : Oh God, give me a room full of diamonds.

Sweany : Oh God, please give me keys to both the rooms.

Gullu : Can you see God?

Teeru : No

Gullu : Can you touch God ?

Teeru : No.

Gullu : Then there is 'NO' God.

Teeru : Sir! Can you see your brain?

Gullu : No

Teeru : Can you touch your brain?

Gullu : No.

Teeru : Oh, Okay! But I am very sorry Sir, You have 'NO' brain.

Teacher to student : Write 55

Student : How?

Teacher : You write 5 and beside it another 5

Student : Writes 5 and stops.

Teacher : What are you waiting for?

Student : Sir! I don't know which side to write other 5.

Teacher : Tell the chemical formula of water.

One Student : Sir! It's- " h i j k l m n o "

Teacher : What's this?

Student : Mam, You yourself told yesterday- H To O!!



The Power of Goodness

Long ago there lived a good boy Sammy. He was an obedient child and good at studies and sports. He was liked by one and all and this fondness of every one for Sammy aroused jealousy in many other boys. Timmy, his friend was quite unlike him. He was not good at studies nor was he liked by his classmates. He was rude to his parents, ill treated Sammy and often put him down. Despite all this Sammy's grades kept on improving. On his eighth birthday, Sammy got a pen as a gift from his parents. It was indeed a beautiful pen and Sammy brought it to school. When Timmy saw it, he was jealous and asked him where he got it from. Sammy replied that it was a gift from his parents. Timmy was overwhelmed with anger and jealousy. He was a bad boy and rarely got gifts from his parents. He decided to steal the pen. During recess, when there was no one in the classroom he opened Sammy's bag, took out the pen and hid it in his own bag. Later, he went out to have his tiffin.

Not finding his pen after recess Sam informed the teacher who later instructed the monitor to check every child's bag. The



missing pen was found in Timmy's bag. The teacher was in a rage and said, "Now Timmy, what do you have to say." Timmy was quiet and in tears. Seeing him, Sammy took pity and requested the teacher not to take any action against Timmy. Now that his stolen pen had been found.

This opened Timmy's eyes. He now saw Sammy's goodness and asked for forgiveness from Sammy and his teacher. He became friends with Sammy and gradually changed himself. Everyone also began to like Timmy and was proud of him. Despite being hurt by Timmy, Sammy gave him only love in return. This is how we should treat our enemies. Who knows-one day our behavior may change them for the better.

Moral

Do not hurt someone even if he harms you. Be good to all.

Benefit of Muskmelon

Muskmelon is one of the most popular fruits in tropical countries and it is available in numerous varieties. The two main types of the fruit are those with smooth skin and with netted skin. The health benefits of muskmelon are many, as it has high nutritional value. The fruit contains Vitamin A, B, C and minerals like magnesium, sodium and potassium. It has zero cholesterol and is safe for blood cholesterol patients.

Muskmelon tastes well and can satisfy your dessert needs. It can be a great substitute for high calorie snacks and can aid in losing weight healthily. Since it is rich in potassium, it can help control blood pressure and can prevent the risk of strokes. Potassium in the fruit can also reduce the problem of developing kidney stones.

Muskmelon has a great amount of dietary fiber (1.3 gram in 1 cup of muskmelon) and thus it can provide great relief for those who suffer from the problem of constipation. The health benefits of muskmelon are recognized by many physicians all over the world. They believe the fruit can prevent age-related bone loss. Muskmelon is a good source of vitamin C, which is an anti-oxidant. This helps prevent heart diseases and even cancer. It has beta-carotene too. Researches reveal the fact that the combination of beta-carotene and vitamin C can prevent many chronic conditions.



There are yet some other health benefits offered by muskmelon. Regular consumption of muskmelon juice can help to treat lack of appetite, acidity, ulcer and urinary tract infections. It can largely reduce the heat in the body and therefore prevent heat related disorders. It can relieve tiredness. It has effective laxative properties and so can help curing insomnia.

If you are a dieter, then muskmelon is an excellent fruit for you. It has a significant amount of fiber and provides you the feeling of fullness quickly. It tastes good and can make a good combination for fruit salads and custards. Hence, a quick weight loss program ought to include muskmelon. In addition to health benefits, muskmelon takes care of your skin too. It contains Vitamin A, which is useful in maintaining healthy skin. The fruit provides a pretty fair amount of folic acid, which is especially important for pregnant women. It helps to create healthy foetuses and even prevent cervical cancer and osteoporosis. Though it offers special benefits to women, men can also be benefitted from it. Folic acid in the fruit acts as a mild antidepressant.



Goat & Hunter

Story & Illustration — Ajay Kalara

A goat ran towards the forest from the village.

Oh! Here there is very good green grass grown all around. I shall get good feed if I stay here.

It remembered that in the village, it's owner provided only dry grass to eat.

The whole day it continues to eat but gives only one pot of milk.

He always remains ready for milking, but gives only dry grass to eat. What a miser!

In the forest, the goat was not only free but also lived at its own sweet will. There was no dearth of food to eat.

This is care free life, free to move and eat. In the village, all the time I had to remain in bondage.



The goat used to get full meals, so it grew quite strong and sturdy.



One day, a hunter came in that forest.

Wow! such a fat goat in this forest.



The hunter ran after the goat and the goat ran to save itself.

Bleating

Haha! Lets see how far you run.



The goat had become too fat to run.

Oh my God! While chasing me, this man has reached quite close to me.



Then the goat saw a thick bush like tree with wide leaves. It thought that the hunter would not be able to trace it, if it hid behind that tree, as it could not run further.

The hunter couldn't see the goat. He went ahead looking for it.



The goat felt greedy seeing the broad green leaves of the tree and thought of eating them.



The goat started eating the leaves.

What a nice food today!

As the leaves on the tree became sparse, the goat became visible. While searching for the goat, the hunter came to that side and saw the goat.



So you were hiding yourself here, now I will catch hold of you.



The hunter thus caught hold of the goat and moved ahead.

Oh! What did I do? I harmed the tree was giving me shelter, and I got caught.

Moral : Always be loyal to those who help you.

Strange Justice

Long ago, a very learned and justice loving king Yashdev ruled the Junagad province of our country. He was very famous far and wide for his impartial and strange justice, due to which the entire province was prosperous and the people were also very happy.

There lived an oil man in the same province who was very honest and hard working. He had saved few silver coins out of his hard earned money. Once he had to move out of his house for some urgent work. Since there was no one else

coins with Karorimal and went away for his work.

After finishing his job, the oil man returned after a week and went to Seth Karorimal to get his silver coin pouch back from him. But unfortunately, Karorimal turned deceitful. He thought that no one had seen the oilman handing over his coin pouch to him, nor the oil man had any proof of giving the pouch to him. Karorimal served the oilman very well when the oilman reached him to get his pouch of silver coins back. But when

he wanted his pouch back, Karorimal spoke in different tone, "Are you in senses, which pouch are you talking about, when did you give it to me, any proof of that"?

The oilman was not at all prepared for such a reply from Seth Ji. He felt like a fish out of water. Controlling himself a bit

in the house, so he decided to keep the silver coins with his friend, Seth Karorimal. He kept the pouch full of silver

the oilman said, "Dear Seth! You are my childhood friend, I am a poor man, don't cheat me like this, please return my





pouch. Otherwise also, you don't have dearth of money. You cannot become richer with my few coins”.

All these words of the oilman, fell flat on Seth Karorimal. He said angrily to the oilman, “I have already told you that I don't own any pouch of yours. Leave this place or I shall get you kicked out through my servants”?

The poor oilman silently left the place with heavy heart and decided to get justice from the king.

The next day, the oilman reached the king's court and told the whole happening to king Yashdev. The king gave a patience hearing to the oilman and then called Seth Karorimal there. He asked the Seth, “Is the oilman speaking truth”? At this, Seth Karorimal said, “No,

this oilman is telling a lie. He has not given any coin pouch to me”. It became an awkward situation for the king. The people in the court also had different views. Some people were of the view that the oilman was right while others took Seth Karorimal to be true .

After thinking for sometime, the king ordered for the search of the safe of Seth Karorimal and immediately it was so done. The king asked the oilman to search his pouch out of the various pouches of currency found there. The oilman searched his pouch and handed over the same to the king. Seth Karorimal said, “O' Lord, the oilman is telling a lie, all these pouches belong to me only”.

The king didn't care for the cries of Seth Karorimal. He asked for some water



in a clean pot and dropped all coins of that pouch in the water. The coins settled down in the water and some oil drops started floating over water. The king

All the people present there were wonder struck over the decision of the king. The king said, "These were oilman's coins, so oil stuck to these through oilman's hands so oil started floating over water. Had these coins were of Seth Karorimal, then no oil would have been there. If you still don't believe, then you examine yourself". The



immediately announced his judgement. He sentenced Seth Karorimal to jail and returned all the coins of the oilman in his pouch.

king asked for another pot of water and poured in the coins from the other pouch of the Seth. But no oil floated on water this time.

Moral : Truth always prevails.

New Facts



- ❖ India's first mission to moon, Chandrayaan-1 was the first spacecraft launched by India.
- ❖ Malayalam writer Govind Sankara Kurup was the first recipient of 'Gyanpeeth Award' in 1965.
- ❖ There are nearly 2000 species of scorpions that are found in all parts of the world except New Zealand and Antarctica.
- ❖ It takes 9-12 months for a bud of Rafflesia plant to bloom.
- ❖ Ears of elephants in Africa are bigger than the Indian counterparts.
- ❖ Ants can withstand a pressure 30 times their body weight and can lift weight 50 times their body weight.
- ❖ The owl can't move around its eyes but it can move around its head completely without moving any other part of its body.
- ❖ Rat's capacity to survive without water is more than that of a camel.
- ❖ We can't see X-rays but they are blue in color.
- ❖ A cricket can decipher the heat or coldness of temperature by listening to various sounds.
- ❖ Mosquitoes are attracted more towards blue than any other color.
- ❖ Center of Earth is 4000 miles just below the sole of our foot.
- ❖ Dead sea has maximum salinity (concentration of salt).
- ❖ Pacific Ocean is the largest ocean in the world.
- ❖ Lake Baikal in Siberia is the deepest lake in the world.
- ❖ Ammonia is the coldest gas.
- ❖ Banana oil is not obtained from bananas but by distillation of coal.
- ❖ Tooth decay is the most prevalent malady in the world.
- ❖ A floating island continues to move from one shore to other in Australia.

Protect Yourself From Heat Wave



It is summer time. We feel very thirsty. Do you know why? Hot and dusty winds blow throughout the day. If we move around in the sun in such weather it is normal to be attacked by heat wave. Water from the body evaporates as sweat and body gets dehydrated. If proper treatment is not given in time it can be dangerous and sometimes cause death. Due to excessive sweating in summers the amount of mineral sodium becomes deficient. Loss of minerals by sweat causes deficiency of these in the blood. Due to high temperature body's capacity to regulate temperature becomes less and blood pressure falls. This deranged condition of body is called heat exhaustion.

In this condition face becomes red accompanied by severe headache. Body temperature suddenly rises. Fever may

range somewhere between 104-107 degree Fahrenheit. Symptoms of attack by heat wave-

- Dryness of throat
- Loss of appetite
- Dizziness
- Vomiting

Extreme symptoms may include muscle spasm (strain) .Sometimes the patient may become unconscious. It is mandatory to take him to nearest hospital or doctor.

To protect ourselves from this condition we must change our diet appropriately at the onset of summers. One must drink a lot of water. Diet should include simple and easily digestible foods, cooling drinks like curd and buttermilk etc. Onions must be included in the diet. If one is not suffering from other diseases one can increase the amount of salt in food because salt is lost



from the body during excessive sweating. It is necessary to replenish it for natural balance of body.

- One must drink a lot of water before going outside in the sun.
- If the workplace is hot or sunny one must drink two glasses of water every one or one and a half hours.
- Use umbrella or cover head with cotton cloth while moving about in the sun.
- Don't cover too much distance at a stretch.
- Rest for a while in shady area.
- Wear sunglasses.

Regular use of curd, buttermilk, roasted gram, raw mango juice (Aam Panna), mint in the salad, raw onion, green leafy vegetables etc. are advised. Have a bath in the morning as well as evening with cold water.

These precautions can save one from heat wave. Any way if one gets attacked, it is mandatory to treat the patient immediately. If temperature is not controlled immediately condition may deteriorate. Help the patient lie down in a cool place. Loosen his clothing. Place a towel dipped in cold water on his forehead. Massage the palms and soles with pieces of ice. Increase the speed of fan and cooler of the room to control the high temperature. Dissolve some sugar and salt in water. Cool it and give this solution to the patient. Lemon juice and orange juice mixed with glucose can be given. Try to reduce the temperature of body by all means. One can feel relaxed when the temperature falls to 100 or 101 degree and treatment can be slowed down. In case the patient vomits, give him extract of mint and fennel mixed with water. Solution of camphor can also be given.

Juice of onion and raw mango juice (Aam Panna) are also helpful. Basil leaves in a solution of unrefined sugar (Khaand or Khandsari) also help in this conditions. Sandalwood syrup, chutney of green coriander, cooked spinach, sago etc. also are very useful in curing conditions of heat wave.

After the patient recovers, precautions must be taken at least for a week regularly regarding diet and routine. Heat and sun must be avoided. Children and old people, especially must be saved from the consequences of heat wave by taking preliminary precautions because their immunity is relatively lower.





The Fearless Boy **Malhari**

This incident happened when emperor Aurangzeb was the ruler. He didn't consider anybody capable enough except Bajirao Peshwa. He was impressed by the gallantry, sharpness and vision of Bajirao. Mughal soldiers had created terror in Maharashtra looting day in and day out. They would enter a village, destroy crops and took away their sheep and goats for meat. Sometimes they would burn away the poor people's huts. People were really hassled.

One day some boys were grazing their sheep, goats, cows and bullocks in the village. Suddenly they saw a cloud of dust close to the river. They just recalled

the earlier happenings. They were frightened. All started pushing their animals towards their homes.

"Why are you frightened? Today we shall all confront them together said twelve year old boy Malhari. Nobody was ready to listen to him.

Everyone left. Malhari stayed on. He stood behind a tree. At that point of time 4 or 5 men riding on horses crossed him. The head I was wearing a turban and was leading them. Malhari hit him with a lump of clay on his face. Blood started flowing from his cheek. He got down from the horse. His companions also reached the spot. The boy ran away. The head said,

"Today we shall camp here." He had seen the boy running towards the village. The head was Bajirao Peshwa.

He told his companions to go to the village and search for the boy.

Malhari's father had died. His mother was staying at her brother's place with the boy. The mother after hearing the incident from the boy got upset. She was crying when two men on horses came there. She tried to hide the boy but he himself came out and said, "Your appetite is not satiated by that lump of clay?"

They took away the boy along with them. They were followed by all the villagers crying and pleadings for mercy.

The whole crowd stood in front of the head.

"You hit me with a lump of clay", the head said sternly.

"Yes".

"Why?"

"Because you



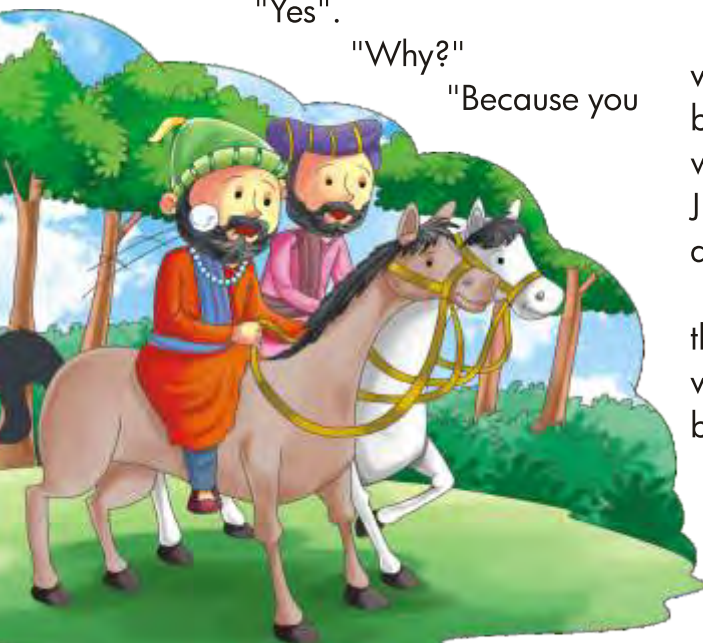
come to our village and trouble us time and again".

The head was taken aback by the child's fearless reply. He said, "You are brave. You did a good job. But you hurt my cheek although I did not do anything wrong in your village."

Peshwa called the boy's mother and her brother and said, "You give the boy to us. Everybody from the village started asking for forgiveness for the child's mistake.

Peshwa told them that the boy was very bold and had the potential to become a brave soldier. Therefore they wanted to take him to Chhatrapati Shahu Ji. Therefore they should happily send him along with them.

When the villagers came to know that the head was Bajirao Peshwa they were very happy. This boy became a very brave warrior and an army chief.



A large, stylized acacia tree with a thick, dark trunk and a wide, flat canopy of green and yellow leaves. A lion with a red mane and orange fur is lying down at the base of the tree, looking towards the right.

Story : Dr. Vimlesh

The Pinpin Mosquito

The Lion was sitting under a shady tree. He seemed to be very happy. He ate his fill and had come to take rest under that tree. He was very proud of his stout physique. And why shouldn't he? After all he had once scared off even the huge elephant.

Suddenly, the lion burst into laughter. 'Ha... Ha... Ha...!' And he went on laughing. "Hello, Lion! The lion heard a voice after he slowed down a bit. "What's the matter? What makes you laugh so violently today?" Pin Pin pin.

"Who the fool dares to talk to me like this? Aren't you aware of my strength? Don't you know that the deer and the monkey take to their heels when I roar even a bit? "Ha... Ha... Ha...!

"Just stop it, dear Vanraj. Don't boast of your strength like this. I challenge this strength of yours. And I can even bet that you cannot beat me" heard the Lion.

"Oh fool! I will not spare you". Whosoever you may be. I will crush you to pieces." Roared the lion in anger.

What to Keep in Mind while Starting a *HERB GARDEN*

- ★ There's nothing like growing veggies at home and having them fresh. And since herbs are the easiest and quickest to grow, here are a few tips you could keep in mind when starting a herb garden.
- ★ Make sure to buy herbs from a nursery, not the ones you get in the markets, as they'll have a hard time growing if you plant them outside.
- ★ If you have a smaller space, then consider growing parsley, oregano and basil. They can grow in pots and window boxes too.
- ★ Know that it is important to find herbs a sunny spot and well-drained soil for proper growth.
- ★ Make sure that your planters have sufficient drainage holes.
- ★ Herbs like mint and horseradish grow and spread rapidly. So it is better to keep them in segmented containers or individual pots.



"No , Sir ! You just cannot do that. I know that you are very strong. But I am stronger than you." Pin Pin Pin ... came the answer.

"Oh, it's too much of disgrace you fool, you are inviting your death?" roared the lion.

"I am a tiny mosquito, Pin Pin, Sir. I have come to beat you today."

The lion burst into loud laughter, "Ha... Ha... Ha... Ha... !" He could not check his laughter. Pin Pin Mosquito... Ha... Ha... Ha...!"

"Wait! You will just know it" said pin pin. And there he went, sat on his nose and gave a severe biting.

"Ah!" the lion writhed in pain and attacked his own nose with his paw. It further hurt his nose and he groaned.

Now Pinpin became proud of his power. A spider was watching this. She said to Pinpin: "It is not good to be arrogant like this."

"To hell with you, spider! The tiny creature! Who are you to advise me?"

Hardly had the Pinpin finished his talk, when he found himself entrapped in the spider's web.

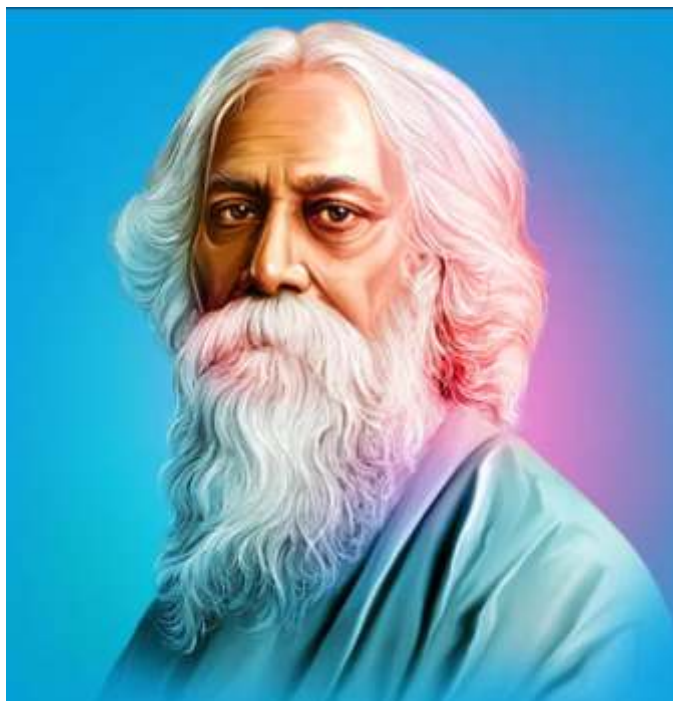
The Poor Pinpin fell prey to the spider.
It is rightly said : "Pride hath a fall."

Rabindranath Tagore

Poet Laureate of India, Rabindranath Tagore, born in 1861 in Calcutta, India, started writing poems when he was only 8 years old. He grew up to be the first Indian writer to receive the Nobel Prize for Literature.

Tagore studied in India and London (England). In 1890, he published *Manasi*, his first collection of truly fine poems. In 1891 he went to East Bengal (now Bangladesh) to help manage his family's land. He found the village people kind but very poor. Tagore wrote many poems and stories about their condition. He also wrote about the beautiful Bengali countryside, especially the Padma River.

Tagore wrote in new forms of verse and in the common language of the Bengali people, rather than in classical styles. His writings became very popular amongst all Bengalis. His poems of 1901-07 reflect his great sadness at the death of his wife and two of his children. In 1910 he wrote a little book of devotional songs called *Gitanjali*. It was translated into many languages and



became a huge success. In 1913 he won the Nobel Prize for Literature.

Tagore produced 22 collections of writings during his life. He wrote songs, plays, stories, and books and also composed music. He also founded a school that later became Vishva-Bharati University.

In 1915, the British government knighted Tagore. Four years later he gave up his knighthood after a terrible shooting of Indians by British soldiers. All his life he spoke out against British rule of India.

Tagore lectured and read his works to people in many countries. At the age of 70, he took up painting and became one of India's finest artist.



— Kamal Sogani

Why A Donkey is A Known Fool?

A donkey, living in a jungle, once thought “Why not to create a hospital to treat injured animals, specially the humped one. The treatment would bring in money also”. So, next day, the donkey published an ad in the newspaper which said “All kinds of humps will have guaranteed treatment – 100% results.”

Seeing the ad, a humped wolf approached the donkey for treatment. While being taken to operation room, the wolf began to dream that he would be fine soon and would be welcomed back by his community.

In the name of operation instruments, the donkey had only two flat wooden pieces. On one piece, the wolf was made to lie and the other one was strongly tied from the top.

The donkey started jumping on the top wooden piece. The process could only straighten wolf’s body, but, in return, took his life. The son of the humped wolf had heated arguments with the donkey who said “I had only advertised for straightening the body, and not about the death or life of the patient. The wolf’s son was too upset to hear this and said “You are concerned about the money only and are a fool of the first order”.

Then, the Goddess of Forests appeared and asked wolf’s son “How come you came in the trap of this foolish donkey. Now your father cannot be revived. Better, the donkey is punished instead”.

The wolf’s son pleaded that the donkey be given such a heavy punishment that all the donkeys become a joke in the world.

The Goddess of Forests said: “Alright then, every donkey born from now onwards will be called a fool, as it will have no brains at all”. From then on, the donkeys are known as fools.



Wonders of Nature

Wonders of nature
got thunders of rain,
making us happy in
the monsoon days.

I saw birds chirping with delight
as if they will have a dinner on clouds tonight.

Nature is God's loveliest gift
but humans are creating risk to it.

It is a gift to admire and thank
but not to misuse and to make scrap.

So thank God for what he has given
do not question Him for what he has not.

Result for the month of March 2022 Issue

First :



Sugandhi Nirankari Age 15

Gurucharan Lal
Ramprakash Nirankari,
Chowk Bazar, Almora-263601

Second :



Moni Rai Age 10

Village : Sarganaha Sagar
Post : Ramgarh
Distt. : Azamgarh (U.P)

Third:



Promod Mishra Age 10

780/5, Mukundpur
Delhi -110084

Consolation Enteries

Anshika (Delhi)

Neha (Alwar)

Ritika (Delhi)

Sayyam (Jalandhar)

Anandita (Jalandhar)

Sagar (Alwar)

Shilpa (Faridabad)

Meenu (Rohtak)

Amit (Hyderabad)

Asha (Delhi)

Sumanyu (Chandigarh)

Avyan Dev (Pandoh)

Ritu (Katrain)

Rahul Rai (Dheerpur, Delhi)

Harshita (Dehradun)

Jagriti Gupta (Jamshedpur)

Shraddha Gajanan Wankhade
(Khamga)

Rita Rai (Gopalganj, Bihar)

“Colour it” for May Issue

On page 38, a beautiful picture is given; colour it and send it to us latest by **June 20, 2022**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **July 2022** issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only will be eligible to participate.



Colour it



Name Age

Address

.....

Benefits of Rope Skipping

Rope skipping is an inexpensive and simple exercise that can be performed anywhere. Whether you are at your home or in a park, the only thing you need is a rope. A person of any age group can do rope skipping. You will be amazed to know that Mohammed Ali and Bruce Lee were big fans of rope jumping.

Rope skipping is a full body workout. It uses our arms for turning the rope, legs for jumping and abdominal muscles for stabilising the body. Some of the benefits of skipping are as follows:

- 1. Weight Loss :** Rope skipping is an effective way to achieve weight loss. It is so effective that 15 minutes of skipping burns up to 250 calories.
- 2. Promotes Cardio-Vascular Activity :** Rope skipping makes the heart stronger and helps it to pump more blood. In this way, the heart delivers more oxygen to our tissues. Rope skipping also improves heart rate and blood pressure.



- 3. Improves Muscle Tone:** A regular skipping session improves muscle tone in both the lower and upper parts of our body, including back, chest and shoulders. It also increases stamina and endurance.
- 4. Makes Bones Strong:** Rope skipping makes our bones strong and reduces the risk of getting affected by osteoporosis, a medical condition in which the bones become brittle.
- 5. Improves Coordination:** Rope skipping enhances the coordination and rhythm between our hands and feet movements. ■



— Neelam Jyoti

Transformation of **Varadraj**

Long ago, a student named Varadraj studied in a Gurukul (ancient school where students stayed with the teacher). He didn't enjoy studying. All the students would mock at him and thought of him as stupid and mindless. Students used to say that God had not given him wisdom. He also started thinking of himself as stupid because he couldn't understand what Guruji taught.

One day Guruji disappointedly said, "Dear son! Studying is beyond you. It seems as if you are not destined to study. It is better you go home and share some responsibility with your father."

He was very disappointed. He took leave from his fellow students, touched his Guru's feet and left. While walking towards his home he got tired and felt hungry and thirsty. He took out the food Guruji had given him and started eating. He moved ahead in search of water.

On the way a woman was withdrawing water from the well. Suddenly he looked at the parapet of the well. He saw many pits there. He said to the woman, "You have made these nice pits for placing the pitchers. The woman looked at him and said," These pits have been formed because we have been

placing pitchers continuously on the parapet. Nobody has made these." Varadraj was astonished. He said, "Is it true? Do these earthen pots have that much strength that they can make imprints on a stone." The woman further explained, Yes! See



this rope also has made these imprints on the parapet because it rubbed here time and again. Varadraj thought, "If an earthen pot and the delicate rope can form imprints on the stone, why can't I become knowledgeable by continuous practice."

Suddenly he became hopeful. He decided to work hard and practice time and again.

Varadraj returned to Gurukul, bowed to his Guru and apprised him of his mind. Guruji was very happy. He started teaching him again. Varadraj had understood the importance of practice. The incident at the well had transformed him.

Children! This boy became a very famous scholar of Sanskrit. He became popular throughout India. He also wrote a grammar book of Sanskrit.

Moral : Practice makes a man perfect.

Success

- ★ Following Satguru's teachings is real devotion.
- ★ Man without human values is just like an animal.
- ★ Root cause of ignorance are ego, attachment, hatred and jealousy.
- ★ Life is all about helping others get rid of their miseries as far as possible.
- ★ Kindness and forgiveness are natural to human.
- ★ Our conduct is just like a mirror where one can see ones reflection.
- ★ Those who surrender to True Master, all their jobs are automatically done.
- ★ Saints always tread the path of love and humility that gives relaxation and peace.
- ★ Unite with God and recognize the power of 'Sumiran', that sets right all our tasks.

(Anonymous)

Thoughts



- ★ After being blessed with God knowledge a devotee remains immersed in God remembrance. He loves himself as well as others making the life beautiful. He imbibes human values and becomes a blessing for himself as well as others.
- ★ With positivity in the heart and awareness in the mind one can live a devout life. We don't have to be in the category of those who gossip. Following the direction of 'Gyan' (God knowledge) our focus must only be on Nirankar.
- ★ If we consider Nirankar and 'Guru ' close to us, we shall be saved from negative thoughts and actions. We must not involve ourselves in trifles or proving our cleverness rather emulates magnanimity. Our heart and mind must always be magnanimous.
- ★ A child is born with a pure mind. He doesn't have feelings of discrimination or ill will for anyone. As we grow, many influences compel our mind to have misconceptions and perceptions for others. God knowledge alone can rid us of these things. — Satguru Mata Sudiksha Ji Maharaj
- ★ The infinite power of soul (God) influences our actions and thinking to create material and mental progress respectively but when it influences the 'Jivatma' (individual) he becomes an angel. — Swami Vivekananda
- ★ Forget the past. No one becomes successful in the past. — Anon
- ★ No experience is a cause of success or failure. We do not suffer from the shock of our experiences, so-called trauma - but we make out of them just what suits our purposes. — Alfred Adler
- ★ There is no excellent beauty that hath not some strangeness in the proportion. — Francis Bacon
- ★ My father gave me the greatest gift anyone could give another person, he believed in me. — Jim Valvano

— Harjeet Nishad, Delhi



STUDYING THE STARS

Look at the sky. What do you see? If it's day you'll see the Sun. If it's night you'll see the Moon. And if the sky is clear you'll see stars. In big cities you may see only a few hundred stars. But out in the countryside or on the ocean you'll see many thousands. You may even see planets and, if you're lucky, a comet.

There are people who look at the sky for hours and hours, night after night. They study the stars, the planets, and other objects in the sky. These people are called 'astronomers'. The word 'astronomy' comes from the Greek for 'star' and 'arrangement'.

Astronomers study the universe in many different ways. Some watch

faraway objects. Others work in laboratories where they look at samples of meteorites, rocks from the Moon, and space debris from other planets. Some try to make models of different objects people have studied.

Not all astronomers get paid for the work they do. Some do it as a hobby. Such people are called 'amateur astronomers'.

How do astronomers study objects that are millions, even billions, of kilometres away? They use powerful telescopes that make things look large enough to be seen in detail. Some telescopes are small enough to be held in the hand. Others are as big as a bus.





— : Khushal Singh

A Foolish Act!

In a dense forest there lived among other animals a Jackal named Titloo with his wife Mona. Excepting Titloo, all the animals worked hard to earn their bread. Titloo was lazy and often stole other animals' food. Titloo had become so notorious as a food thief that all the animals kept their food away from Titloo's sight. As a result, Titloo found it difficult to steal enough food to appease his hunger. Nor could he provide enough food to his wife. Soon they were almost starving.

Mona always gave Titloo good advice but he never cared. One day, she got very angry with Titloo and told him, "You are careless, lazy and good

for nothing. Had you not shirk work we could also, like others, get adequate meals and eat well." Titloo got irritated and said to Mona: "You keep quiet and do not worry. I will surely find a solution." After thinking for a while he said, "I think it would be better if I also hunt for my food like the lion."

"Lion is a powerful animal. We can't equate ourselves with the lion. To do so will be foolishness," said Mona.

Laughing at Mona, Titloo replied, "It doesn't require power. What matters most is trickery. You just wait and watch how I learn all the tricks. And then, one day I will be the king of the forest," saying so, Titloo went away.



After Titloo left, Mona worked hard to win her bread. Meanwhile, Titloo had been spying on the lion, chasing him round the clock and keenly observing his method of hunting. When Titloo returned to Mona he said with pride, "Our bad days are almost over. Now I am capable of doing anything that the lion can do. Soon, very soon, this forest shall be my kingdom."

"How does the lion hunt?" asked Mona. Titloo explained, "First, the lion's eyes get red at the very sight of its prey. Its tale starts shaking. Then it pounces upon its prey and kills it. It is as simple as they were normal as ever nor was his tail shaking. On hearing Mona's reply in negative Titloo got annoyed and gave her a slap on the face. "You are a liar. You are jealous of

my newly acquired power. I do not believe you. I will prove my lion-like qualities by killing that donkey," said Titloo.

Lo and behold! The moment Titloo was waiting for drew near, but as Titloo attacked the donkey, the donkey kicked back and Titloo fell flat on the ground. He lay on the floor, crying in pain when Mona approached him. "I told you at that time but you didn't care", said Mona, "But now, of course, your eyes are red and your tail is also shaking."

Hearing Titloo's cries, other animals also gathered around. They laughed at Titloo. The wise bear advised: "Each one is master of his work. If others try it, they make fools of themselves."

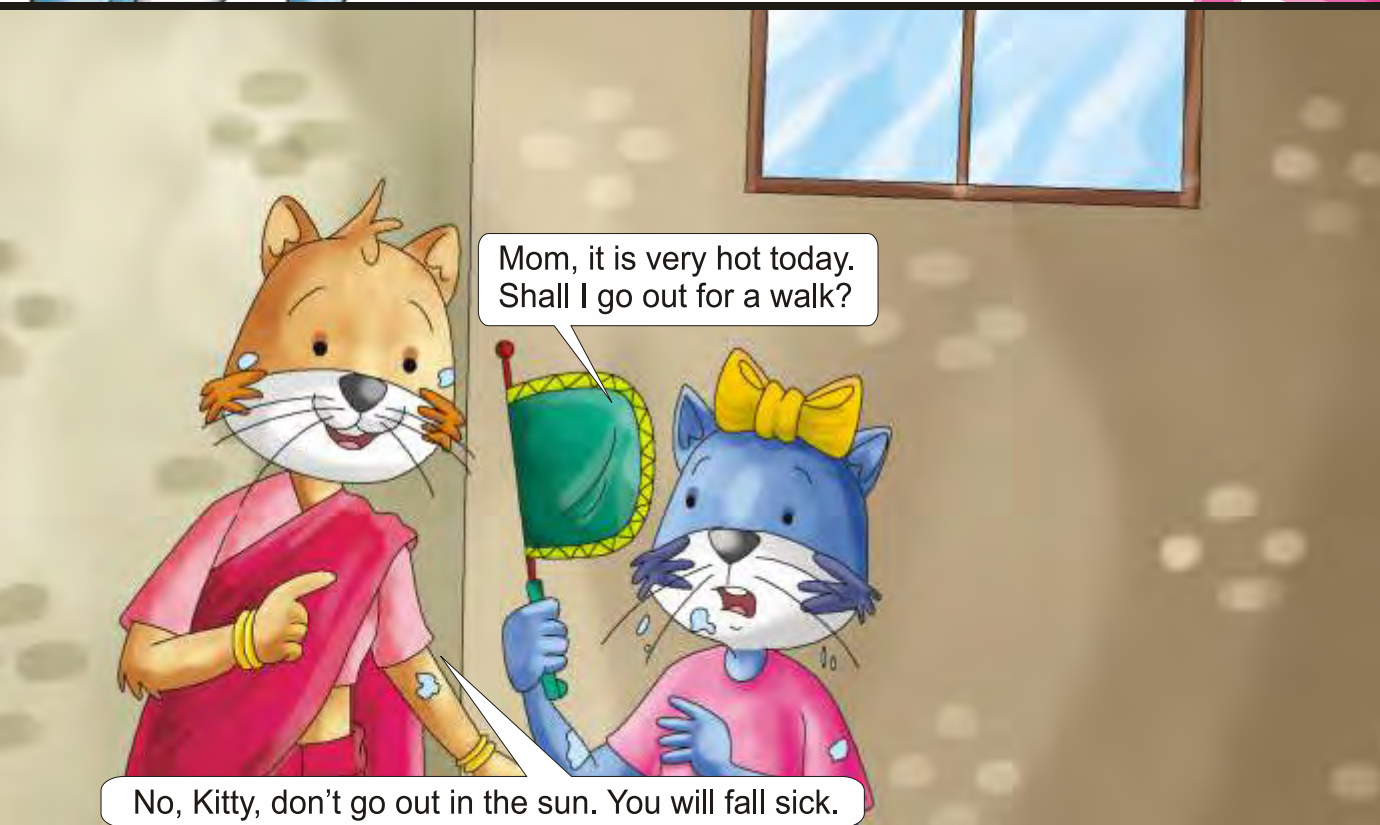
Titloo bowed his head in shame.






Kitty

Story & Illustration — Ajay Kalara






I am going out, I am feeling very hot. Bye- Mom.



How about going to swimming pool?
Water will be cool there.



Oh! I am feeling good here. I will ring up and call here all my friends, Mintu, Molly and Chintu too.





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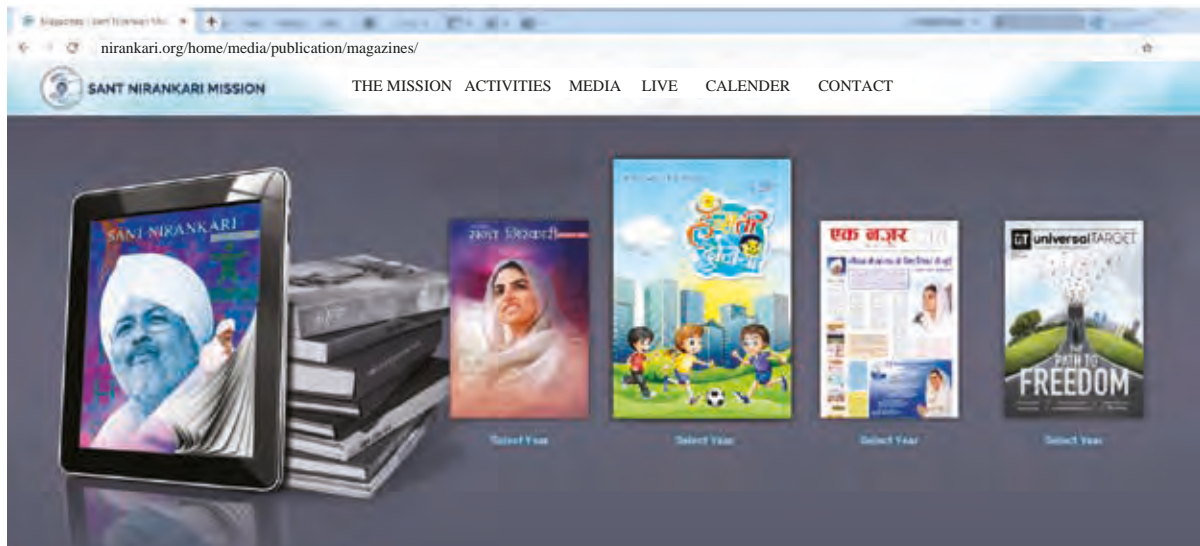
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